

# Clinical Audit Report

Ref code 368-1920

Date report completed

29/07/2022

Title of Project Five a Day Audit – for Clinical Audit Awareness Week 2022

Proposers Name UHD Clinical Audit Team

Job Title Clinical Audit and Effectiveness Manager

Report completed by

Craig Murray

## Overall Aims

To promote Clinical Audit across the Trust.

## Objectives

To show that completing an audit can be easy to do.

To explain that clinical audit is a quality improvement process that measures current practice against best practice, and addresses any shortfalls.

Highlight the five a day message.

## Background

This was done as part of national Clinical Audit Awareness Week, when audit teams from Trusts across the country undertake activities to promote clinical audit.

## Methodology – How was the project undertaken

The Clinical Audit Team toured UHD with promotional trolleys, giving away goodies (pens, fruit, etc.) and asking people to participate in the audit via the data collection form on an iPad. A link to the online data collection form was also sent out to all staff via the UHD Communications newsletter. There was one question to answer, which was ‘how many portions of fruit and vegetables did you eat yesterday?’

We also ran a competition to win a £25 M&S gift card – staff members could submit audit data anonymously, then submit their email address separately in order to enter. A winner was subsequently selected at random.

Actual sample size

355

Data collection period from

10/06/2022

to

17/06/2022

## Standards

Criteria	Target	Minimum compliance target (%)	Actual compliance	Was the criteria met?
<p>People should eat 5 different portions of fruit and veg each day</p> <p>Source: World Health Organisation (recommends a minimum of 400g of fruit and vegetables per day <a href="https://www.who.int/news-room/fact-sheets/detail/healthy-diet">https://www.who.int/news-room/fact-sheets/detail/healthy-diet</a>)</p>	100%	100%	47.6%	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
				<input type="checkbox"/> Yes <input type="checkbox"/> No
				<input type="checkbox"/> Yes <input type="checkbox"/> No
				<input type="checkbox"/> Yes <input type="checkbox"/> No
				<input type="checkbox"/> Yes <input type="checkbox"/> No
				<input type="checkbox"/> Yes <input type="checkbox"/> No

Any results which fall short of minimum compliance will need to be risk assessed and considered for entry into the Trust Risk Register

## Audit Results

### Areas of Good Practice

47.6% (n=169) of staff members ate five or more portions of fruit and vegetables on the day before they took part in the audit. See below for full results.

The findings show a slight improvement from previous cycles of the audit, when results showed 40% of staff ate  $\geq 5$  portions in 2019, and 43% in 2020.

Results ( $\geq 5$  portions): How many portions of fruit and vegetables did you eat yesterday?

How many	Number	%
>10	5	1.4%
10	2	0.6%
9	2	0.6%
8	14	3.9%
7	37	10.4%
6	54	15.2%
5	55	15.5%

### Areas for Improvement

52.4% (n=186) of staff members ate less than five portions of fruit and vegetables on the day before they took part in the audit, however 20.3% (n=72) did manage 4 portions.

Results ( $\leq 4$  portions): How many portions of fruit and vegetables did you eat yesterday?

How many	Number	%
4	72	20.3%
3	52	14.6%
2	42	11.8%
1	12	3.4%
0	8	2.3%

Actions (if there is no action to be taken please mark the box)

No action to be taken

**Action**

Make sure to include 3 or more different vegetables at mealtimes and remember that fresh, frozen, dried and canned vegetables all count towards a portion (80g)

**Lead**

Anyone < 5 portions

**Target Date**

At mealtimes

Have some fruit for pudding

Anyone < 5 portions

At mealtimes

When having a sandwich, baguette or wrap, add some fillings that help towards your five a day – e.g. sliced cucumber, tomato, peppers and lettuce.

Anyone < 5 portions

At mealtimes

Read the following FAQs, which include information about what constitutes a portion of fruit or veg:

<https://www.nhs.uk/live-well/eat-well/5-a-day-faqs/>

Also see the following factsheet from the British Dietetic Association:

<https://www.bda.uk.com/resource/fruit-and-vegetables-how-to-get-five-a-day.html>

All participants, FYI

On receipt of this report

Acceptable level of compliance achieved?

Yes

No

If no, when do you plan to re-audit?

Next year during Clinical Audit Awareness Week

Specific issues to re-audit

**Dissemination of Results**

Results disseminated to:

All those who took part in the audit and submitted their email address  
The Trust Dietetic Team (who we consulted regarding the actions above)

Date:

29/07/2022